

While in the service, Bob would many Joyce Ross, his lifelong partner. Following his time in the military, Bob would earn his master's degree at the University of Washington and would begin his impressive teaching and coaching career at both the high school and collegiate levels. Under his leadership, the Fullerton College track team would earn five conference titles and a state championship, leading to Ward's induction into the College's Coaching Hall of Fame.

Always the learner, Bob would seek out new and innovative techniques to push his athletes to the next level. His constant quest for knowledge would lead him to Indiana University, where he earned his Doctorate in Biomechanics. This drive would soon be noticed by the Dallas Cowboys, where over the next 14 years he would become one of the most respected and celebrated strength coaches in the NFL during the notable Landry years.

Continuing his lifelong love of athletic competition, Dr. Ward competed in various Masters Track and Field competitions well into his 80s, earning world records in the 70–74 age group in weightlifting and various pentathlon weight events in track. Bob would co-author several books on sports training and a book on his life journey, *Building the Perfect Star*.

While Bob's professional achievements include an awe-inspiring list of accolades, his greatest achievement was his family. Bob was blessed with two daughters, six grandchildren, and five great-grandchildren, as well as a life-time of partnership with his wife, Joyce.

Now as we recognize Dr. Bob Ward, I ask my colleagues in the House of Representatives to join me in honoring his rich life and legacy.

#### AVASARALA KANYAKUMARI

#### HON. RAJA KRISHNAMOORTHY

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Friday, August 6, 2021*

Mr. KRISHNAMOORTHY. Madam Speaker, today I wish to honor the life and talent of Avasara Kanyakumari, a revered master violinist, composer, and teacher in the Indian Carnatic musical tradition.

Born in the city of Guntur in Andhra Pradesh, India, Kanyakumari began her musical life on the violin at the age of eight. Blessed with an abundance of natural talent and nurtured by her family and dedicated teachers—including the eminent violinist Maestro Ivaturi Vijayeswara Rao—Kanyakumari was soon performing in small concerts and building a reputation as a musical prodigy.

After graduating high school, Kanyakumari moved to Chennai, where she continued her education and her musical career as an accompanist and soloist of great renown, deeply admired by critics and aficionados alike for her technical skill and exquisite musicality.

The Indian Government recognized her talent and contributions to Indian music and culture with the Padma Shri Award in 2015. The following year, Kanyakumari was honored with the Kalaimamani Award from the state of Tamil Nadu, and the prestigious Sangita Kalanidhi Award from the Madras Music Academy.

Kanyakumari is revered for her commitment to cultivating the next generation of Carnatic

musicians. She offers her services without charge, as her way of paying it forward and honoring the contributions made by her teachers to developing her talents. And Kanyakumari is a wonderful musical ambassador, sharing the beauty of the Carnatic tradition with music lovers all over the world. (I was especially moved by a recent rendition of the Star-Spangled Banner on this Fourth of July, performed by Kanyakumari and her student disciples.)

Madam Speaker, I want to recognize the contributions of maestro, guru, and composer Avasara Kanyakumari to Indian music and culture, and the gift of her talent to the millions of devotees of the Carnatic musical tradition.

#### EPIC EXPERIENCE

#### HON. ED PERLMUTTER

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Friday, August 6, 2021*

Mr. PERLMUTTER. Madam Speaker, I rise today to recognize Epic Experience for being recognized as the 2020 Non-Profit of the Year by the Arvada Chamber of Commerce.

Epic Experience was founded in 2012 by Nancy Ferro and Abby Staible, after Nancy's eldest son Michael received a testicular cancer diagnosis. This experience led the two of them to establish Epic Experience, an Arvada-based non-profit with the goal of empowering adult cancer survivors to live and thrive beyond cancer. They empower their members by offering workshops and camps to individuals who are dealing with a cancer diagnosis as a way to help cope with the mental and physical ramifications of these diagnoses. These experiences often provide a weeklong trip in the Rocky Mountains and allows patients and survivors a chance to challenge themselves physically, share their experiences with fellow survivors, and find community during a difficult time.

Since their beginning in 2012, Epic Experience has raised over \$2.5 million dollars and helped nearly 5,000 cancer survivors and thrivers. They have seen tremendous success with their program reporting 95 percent of campers having an improvement in their mental health after attending a camp or workshop. When the COVID-19 pandemic hit, Epic Experience demonstrated their resiliency by transforming its traditional in person camping seminars to a virtual setting to protect its immune-compromised population. In addition, Epic Experience offered free online yoga, training, and how-to videos as well as three-day virtual seminars to help maintain the close connections and support the non-profit provides so many.

Epic Experience reflects and embodies the compassion, love, and sense of community that is well-known in Arvada and is so important for cancer survivors. The success of Epic Experience has led to life-changing, positive impacts for so many and given individuals a great quality of life as they survive and thrive beyond cancer. Congratulations to Epic Experience for their hard work and dedication to our community and for receiving the Non-Profit of the Year award from the Arvada Chamber of Commerce.

#### HONORING TOM FLORES

#### HON. JIM COSTA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Friday, August 6, 2021*

Mr. COSTA. Madam Speaker, I rise today along with my colleagues, Mr. RUIZ and Mr. SOTO, to recognize Mr. Tom Flores for his successful career and outstanding achievements in professional football.

Tom Flores was born in Fresno and raised in Sanger, California. He is a son of immigrants who had humbled beginnings working in the agriculture fields of the San Joaquin Valley. He attended Fresno City College, where he played as quarterback for two seasons and then received an academic scholarship to study at the University of the Pacific.

Following his graduation, Flores sought to pursue a career in professional football. For him, like others, it was not easy. He was cut by the Calgary Stampeders of the Canadian Football League in 1958, and then by the Washington Redskins of the National Football League (NFL) in 1959. But that did not stop him: he persisted until his dream became a reality.

In 1960, Flores became the first Hispanic quarterback in American professional football after winning the starting quarterback job with the American Football League's Oakland Raiders. He later played for the Buffalo Bills and the Kansas City Chiefs. He won his first Super Bowl ring in 1969 playing quarterback for the Kansas City Chiefs. After a successful playing career, he retired, following the 1970 season.

Subsequently, Flores served as an assistant coach with the Buffalo Bills and Oakland Raiders. In 1979, he became the Raiders head coach and the first Hispanic head coach in NFL history. Under his leadership, the Raiders won the 1980 Super Bowl XV and 1983 Super Bowl XVIII. Tom Flores has four Super Bowl rings and is one of two individuals that earned that honor as a player, assistant coach, and head coach.

Coach Flores joined the Raiders front office after the 1987 season. A year later, he became President and General Manager of the Seattle Seahawks. In 1992, he returned to the sideline as the head coach of the Seahawks for three seasons. In twelve seasons as a head coach, Flores compiled a career record of 97–87 and an impressive playoff record of 8–3, surpassed only by the legendary coach Vince Lombardi. He later returned to the Raiders, where he spent more than two decades as a radio analyst.

After a successful career in football, both as a player and coach, Flores has used his influence to raise nearly 2 million dollars to support Sanger Unified School District's science, art, and athletics programs through the Tom Flores Foundation. Demonstrating a commitment to giving back to our communities and nation.

Coach Flores was selected to be enshrined as a member of the Class of 2021 for the Pro Football Hall of Fame, an honor well deserved and overdue. He will be the third Raiders Head Coach in the Hall of Fame. The Class of 2021 will be enshrined on Sunday, August 8, 2021, in Canton, Ohio.

Today, he remains active with the Raiders, now in Las Vegas, Nevada. Through his illustrious athletic career and commitment to his